



Carrots and radishes and kohlrabi, oh my!



standuponit
 [standuponit](https://standuponit.livejournal.com/2010-02-13)
[https://standuponit.livejournal.com/](https://standuponit.livejournal.com/2010-02-13)
2010-02-13 11:27:00

MOOD: 😊 hungry

MUSIC: Fontaine - The Long Way Home

Happy birthday,

 [ace_cub_reportr](https://ace-cub-reportr.livejournal.com/) (<https://ace-cub-reportr.livejournal.com/>)_!



([https://www.livejournal.com/away?](https://www.livejournal.com/away?to=http%3A/www.flickr.com/photos/45206927%40N06/4353230463/)
[to=http%3A/www.flickr.com/photos/45206927%40N06/4353230463/](https://www.livejournal.com/away?to=http%3A/www.flickr.com/photos/45206927%40N06/4353230463/).)

I signed up for [a winter-vegetables CSA](https://www.localharvest.org/farms/M9994)

([https://www.livejournal.com/away?](https://www.livejournal.com/away?to=http%3A/www.localharvest.org/farms/M9994)
[to=http%3A/www.localharvest.org/farms/M9994](https://www.localharvest.org/farms/M9994))--I got the idea from something that happened about this time last year, actually--and as a result I am learning many exciting things to do with parsnips. (Brother Alton has a whole show, just on parsnips!)

This is about half the order. I, um. Ran out of counterspace in my Tiny Kitchen. So you don't get to see the spinach.

Look at that kohlrabi! It's going to die a horrible death before the day is out.

I am totally enamored of the storage radishes with their bright pink innards.

Chaz+veggies=OTP. And the share actually mostly keeps me in vegetation for a week!

Today is food prep day this week, so I've been scrubbing and chopping and roasting and simmering vegetables. And now I need to go eat some potatoes.



This looks like a good idea.

...

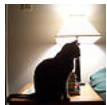
This.

...

Little guy's not bad.

Gotta teach RHex to smear.

62 comments



 txanne

February 13 2010, 16:35:34 UTC COLLAPSE

You can have all my parsnips, but I loooooove everything else, especially radishes. With salt and sweet butter, zomg.

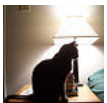


 standuponit

February 13 2010, 16:40:47 UTC COLLAPSE

How can you not love parsnips? Mmm, parsnips mashed with potatoes!

I admit, I prefer my radishes fat-free, except maybe with a little olive or avocado oil.



 txanne


February 13 2010, 16:45:42 UTC COLLAPSE

I prefer my avocado oil in guacamole. :-)

It's possible I haven't had good parsnips, but the ones I've tried have had an odd, almost metallic undertone. Not as bad as the one I got from Cipro* but still unpleasant.

*against walking pneumonia, not anthrax.



 [standuponit](#)

[February 13 2010, 16:50:32 UTC](#) [COLLAPSE](#)

Guacamole doesn't need any added fat. ;-)

Hmm. Maybe you're tasting something in them that gets past my tastebuds. Interesting.




 [txanne](#)

[February 13 2010, 16:58:22 UTC](#) [COLLAPSE](#)


Sorry, did I not say "avocado oil in its natural unprocessed state"?

I'm the only person I know who thinks parsnips taste that particular kind of funny. OTOH, giant woody carrots sometimes give me a hint of the same weirdness, and I can't abide cooked carrots.

 [liadan_m](#)

[February 13 2010, 19:24:47 UTC](#) [COLLAPSE](#)

you're not the only person I know who has said that about roots - i get it with turnips, and I have one friend who won't eat any of the common root veggies other than baby carrots because of it.

 [nebula99](#)

[February 13 2010, 16:42:51 UTC](#) [COLLAPSE](#)

I love parsnips. If the rest of the family aren't here, and I'm eating alone, I have been known to just have a huge plate of parsnips mashed with butter, with some fried onions and gravy. Mmmmm.

 [inaurolillium](#)

[February 13 2010, 16:44:59 UTC](#) [COLLAPSE](#)


Oooo, pretty veggies.



 [standuponit](#)

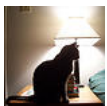
[February 13 2010, 16:50:43 UTC](#) [COLLAPSE](#)

Veggie Pron!

 [inaurolillium](#)

[February 13 2010, 17:01:27 UTC](#) [COLLAPSE](#)


I just bought a juicer and some beets, carrots, ginger and citrus. Gonna try some of your old recipes. I haven't been getting all my vitamins in, they need a boost.



 [txanne](#)

[February 13 2010, 17:03:24 UTC](#) [COLLAPSE](#)

What kind did you end up with?

 [inaurolillium](#)

February 13 2010, 17:11:52 UTC COLLAPSE

The juicer? One Bear recommended back then. It was inexpensive and she seemed to think it got the job done. Juiceman 2, or something.

Or did you mean the veggies?




 txanne

February 13 2010, 17:16:41 UTC COLLAPSE

Yeah, the juicer--thanks. But of course I'll listen to anything you say about food.



 standuponit

February 13 2010, 17:24:36 UTC COLLAPSE

Veggies are where they keep the vitamins!



 themaskmaker


February 13 2010, 17:01:09 UTC COLLAPSE

Ooooooh..... parsnips. And kohlrabi....

I'm dragging my family with me to the Asian market today, because tomorrow's Chinese New Year. I can't wait to load up the cart with unrecognizable veg. Muahahaha....

Deleted comment



 standuponit

February 13 2010, 17:25:20 UTC COLLAPSE

I love her cookbooks!

 beatriceeagle

February 13 2010, 17:14:53 UTC COLLAPSE

Oh my God, so many carrots! I'm drooling. Send some vegetables to a deprived college student, will you?



 jennygadget

February 13 2010, 17:16:57 UTC COLLAPSE

(Brother Alton has a whole show, just on parsnips!)

Brother Alton has a show on just about everything. :)

That was the first show I set my dvr to record when I finally got one, and now I have about 70+ eps that I have yet to watch. I think that may possibly be too much culinary information for me to absorb in a single year.

Also, those veggies look yummy.

reminds self to find a place to buy decent veggies




 [standuponit](#)

[February 13 2010, 17:28:47 UTC](#) [COLLAPSE](#)

Too much culinary information? I understand the words, but the sentence....

(Decent veggies make all the difference. The ones we got when I was a kid were so bad I thought I hated veggies. But then I discovered real veggies, and real milk... you know, food tastes good?)

 [jennygadget](#)

[February 13 2010, 18:32:05 UTC](#) [COLLAPSE](#)

It's the time factor, mostly. New responsibilities at work + classes = limited time left over for learning to cook better and building up my strength and endurance. Even though the last two help boost my energy for everything else.

And *yeah*. I know I need to eat more veggies. I want to eat more veggies! But eating bad ones is such a chore. Solution: find yummy ones to eat. *somewhere*

 [cjtremlett](#)

[February 13 2010, 17:40:10 UTC](#) [COLLAPSE](#)

Lovely veggies!

I like kohlrabi best when it's smaller and just eaten raw. And radishes are also best plain!

Okay, I grew up with a big vegetable garden and used to graze for lunch. Pull things out of the ground, toss the tops or roots or less edible bits into the chicken coop, wash veggies in garden hose, eat. Repeat as necessary. With strawberries for dessert! I'm so spoiled. My hubby thought he hated peas until he had them at my folks' place!

 [kayjayoh](#)

[February 13 2010, 18:18:57 UTC](#) [COLLAPSE](#)

Oh my, veggie envy: I has it! Oh so nommable.

I think I have tried everything in that pile as [root vegetable] pancakes, except for the kohlrabi (which gets matchsticked, steamed, and eaten with a bit of butter and parmesan).

If you have two medium-small beets, some onion or scallion, an egg and some flour, beet pancakes are tasty *and* beautiful.



 [standuponit](#)

[February 13 2010, 18:27:03 UTC](#) [COLLAPSE](#)

I like my kohlrabi raw and crispy! No beets for weeks; they might be all gone.

 [kayjayoh](#)

[February 13 2010, 18:36:44 UTC](#) [COLLAPSE](#)

Aw, no beets?

Maybe the Go-Go's got them all?

<suffers self-inflicted pun>

 [liadan_m](#)

[February 13 2010, 19:33:07 UTC](#) [COLLAPSE](#)

I just finished pickling the rest of my beets. I figured out that I *at least* need to refrigerator pickle them before making borscht, otherwise I get the vinegar proportion wrong all wrong.

mmmm borscht. There's red beans and rice for 40 on my stove, and it's the third batch this week. I never thought I would say it, but I'm tired of red beans and rice. (2 experiemental batches and the big one for the party tonight). I should eat real veggies in soup form.

Re: parsnips - sliced, steamed in oj, and tossed with pepper, ginger powder, and a touch of honey

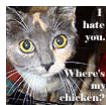
 [fidelioscabinet](#)


[February 13 2010, 18:21:40 UTC](#) [COLLAPSE](#)

Dude, you ought to deploy those in a cornucopia on the table, until you get around to eating them. Throw in an couple of apples and an orange or two--it'll be all photogenic and everything.

For 24 hours or so.

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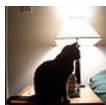


 [standuponit](#)

[February 13 2010, 18:30:32 UTC](#) [COLLAPSE](#)

It is. There's also a big purple one at the bottom of the pile.

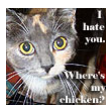
I have two kinds of potatoes, carrots, kohlrabi, two kinds of radish, turnips, and celeriac.



 [txanne](#)

[February 13 2010, 19:59:22 UTC](#) [COLLAPSE](#)

Oh lord, celeriac. What I wouldn't give for one of those! Matchsticked and dressed with good mayonnaise and black pepper. (Which is odd, because I don't like celery at all.)



 [standuponit](#)

[February 13 2010, 20:10:17 UTC](#) [COLLAPSE](#)

I can tell you're from Texas. My mom was also completely incapable of eating a vegetable without an equal weight of mayonnaise, bacon fat, or butter.

Thanks for the nostalgia. *g*




 [txanne](#)

[February 13 2010, 22:40:15 UTC](#) [COLLAPSE](#)

Dude. I learned about celeriac in *France*.

Now I need to go to the farmer's market tomorrow.

 [ladycelia](#)

[February 13 2010, 18:47:40 UTC](#) [COLLAPSE](#)

See what you did?


I don't think I've ever eaten kohlrabi. I wouldn't even know where to begin. Jicama, now, I **love** that!

I sure hope that the ugly carrot lady (carrots ugly, not lady) is there tomorrow. Best tasting carrots ever.

I picked sugar snap peas in my garden this morning to nosh on on the way to work. Thank heavens for living in California.




Re: Now I need to go to the farmer's market tomorrow.

 [standuponit](#)

[February 13 2010, 20:08:31 UTC](#) [COLLAPSE](#)

Kohlrabi's a bit like jicama. Crunchier and it's got a brassica flavor.

Re: Now I need to go to the farmer's market tomorrow.


 [ladycelia](#)

[February 13 2010, 20:12:34 UTC](#) [COLLAPSE](#)

I may have to give it a try. Looks like it may be a bit easier to cut than jicama.




Re: Now I need to go to the farmer's market tomorrow.

 [standuponit](#)

[February 13 2010, 20:16:02 UTC](#) [COLLAPSE](#)

Sharper knife!

Re: Now I need to go to the farmer's market tomorrow.


 [ladycelia](#)

[February 13 2010, 20:22:58 UTC](#) [COLLAPSE](#)

Cleaver!



Re: Now I need to go to the farmer's market tomorrow.


 **standuponit**

February 13 2010, 20:27:05 UTC **COLLAPSE**

Ooo. You'll take your fingers off with that.

Get a chef's knife and keep it sharp enough to cut air.

Re: Now I need to go to the farmer's market tomorrow.

 **ladycelia**

February 13 2010, 20:40:49 UTC **COLLAPSE**

I have a beautiful Wusthof chef's knife, but it's not good at jicama.




Re: Now I need to go to the farmer's market tomorrow.

 **standuponit**

February 13 2010, 20:41:41 UTC **COLLAPSE**

Huh.

Re: Now I need to go to the farmer's market tomorrow.

 **ladycelia**

February 13 2010, 20:42:37 UTC **COLLAPSE**

Maybe I just need to have my local butcher sharpen it for me. Or maybe the jicama I'm buying is defective ;^)



Re: Now I need to go to the farmer's market tomorrow.

 **standuponit**

February 13 2010, 20:47:44 UTC **COLLAPSE**

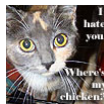
Mine just kind of glides through the jicama, but I keep it very, very sharp.

Re: Now I need to go to the farmer's market tomorrow.

 **inaurolillium**

February 14 2010, 05:21:28 UTC **COLLAPSE**

Nah, if you learn to use them right, and have the right ones, cleavers are awesome for veggies. I'm working on a collection of Asian-style veggie cleavers.




Out-of-context-argument! Ten yard penalty!

 **standuponit**


February 14 2010, 11:19:03 UTC **COLLAPSE**

Cleavers can be most excellent for veggies. But in the context of this conversation, which is "jicama is hard to cut" (which it should not be), using one to hack up a crunchy tuber because your chef's knife is dull is just gonna result in chopping off your hand, or, worse, crushing the cell walls on your innocent tuber.

Yoooooooouuuuu just can't resist being contrary, can you? I bet if I dropped a loop of cable around you and  el jefe, the energy provided by the counterotation of contrariness could power Calnevari.

("Collections." Those are the things you abandon when you move on, right? ;-))

Re: Out-of-context-argument! Ten yard penalty!

 inaurolillium

February 14 2010, 12:35:18 UTC COLLAPSE

DAMN YOU HAVE DISCOVERED OUR CUNNING PLAN! We have been working on developing that very technology as part of our plot to TAKE OVER THE WORLD!!!! Now that you know, I will be forced to. . . .

Oh, you were *joking*, weren't you? Well, so was I, of course! I mean, um, me, contrary, no never!

innocent look

(No, no, those are the things that keep growing and growing so much that most of the individual items never get used, but I can't bear to get rid of. Possibly abandoning them when I move on would be a better plan...)

Deleted comment



Re: Now I need to go to the farmer's market tomorrow.

 standuponit

February 16 2010, 21:23:52 UTC COLLAPSE

Martin Yan drips win from his sweat glands.

Re: Now I need to go to the farmer's market tomorrow.

 inaurolillium

February 16 2010, 21:28:34 UTC COLLAPSE

It was Martin Yan who got me hooked on cleavers, really. He did a demo at my school. I watched him take apart a chicken in 17 seconds flat, with a cleaver. That man is scary good, and also awesome. He's a Master Chef (which means nothing to most people, but means he is scary good and dedicated).

 triskelmoon


February 13 2010, 20:04:16 UTC COLLAPSE

My favorite method of inhaling root vegetables is chopped into cornish pasties and eaten with a liberal side of german style curry ketchup.

...

Now I think I need to go to the store to get my own roots.



 [standuponit](#)

[February 13 2010, 20:07:37 UTC](#) [COLLAPSE](#)

Pasties. Oh yeah. Just lemme get the extra butter out of the freezer....


 [triskelmoon](#)

[February 13 2010, 20:09:34 UTC](#) [COLLAPSE](#)

grin Butter.

Admittedly, it's a carb and fat load. But, umm, it's winter. The calories help us make it until the fire orb returns. >_>



 [standuponit](#)

[February 13 2010, 20:14:10 UTC](#) [COLLAPSE](#)

My motor runs on carbs. The fat's more problematic; I have to be pretty sparing with butter, etc (I make it up in olive oil and avocados) and protein, however.

Trying to keep the kidneys and liver functional as long as possible!

 [triskelmoon](#)

[February 13 2010, 20:17:05 UTC](#) [COLLAPSE](#)

Yes, you need kidneys and liver I hear!

I have the opposite problem, carbs without fat and protein to balance them make my blood sugar crazytown.

Pesky bodies, requiring fuel in unique ways. At least finding tasty ways to fuel it is fun.



 [standuponit](#)

[February 13 2010, 20:25:40 UTC](#) [COLLAPSE](#)

You know, the number of people I know with some kind of nutritional/dietary issue--it makes you wonder how the heck we existed before we had all this nutritional theory. Of course, we also had less processed food, and we probably ate it hand-to-mouth a lot of the time. If you eat a bug and a root and an acorn and a handful of leaves and a couple of berries and a half a snake you split with your buddy and another root as you're walking around, it works out to a balanced diet and a nice blood sugar equilibrium.

And then twice a year the mammoth migration comes through, and you run a dozen off a cliff and do nothing but eat rare mammoth meat and sleep for two weeks, until it spoils.

 [triskelmoon](#)

[February 13 2010, 20:32:56 UTC](#) [COLLAPSE](#)


Yes this! Subsistence & protein gorging etc.

Somewhere I read (and long enough ago that I can't swear to it's research base) that the farming of grains, while concentrating calories to allow for high population density (-> civilization) also really effed up the evolutionary input and gave us dietary disorders. Thousands of years of grain based meals vs tens of thousands of hunter/gather.

Of course, now I'm not dead at 31 of childbearing, tooth infection or exposure. All told? I'll take civilization.

Now I'm also thinking of mammoth tartare. Tasty.



 [standuponit](#)

[February 13 2010, 20:38:20 UTC](#)

Edited: February 13 2010, 20:41:06 UTC

[COLLAPSE](#)

Civilization has many benefits. (One of them is that I have not yet starved to death. My metabolism in a famine culture? Death sentence.)

We seriously lose out on leisure time, though.



 [dancing_crow](#)


[February 13 2010, 21:08:11 UTC](#)

[COLLAPSE](#)

Sir? your radish - it is inside out

That is all.



 [standuponit](#)

[February 13 2010, 21:55:01 UTC](#)

[COLLAPSE](#)

Isn't it just?

 [eljefe](#)

[February 13 2010, 21:27:59 UTC](#)

[COLLAPSE](#)

Bonus! I just joined a food co-op out here called bountiful baskets. So. Much. Noms. Plus they have a deal with the local artisan bakery. Om nom nom.



 [standuponit](#)

[February 13 2010, 21:55:22 UTC](#)

[COLLAPSE](#)

ooooo. Yeah, this box is missing bread products.

 [magpie49](#)

[February 13 2010, 22:49:39 UTC](#)

[COLLAPSE](#)

I think I must have gotten broken some time in the last couple years. I used to enjoy fresh vegetables and all the ways I could prepare them.

Now I get my vegetables frozen, or at my daughter's house when she fixes them for me. I bought some fresh veggies recently, and when I got them home, I just stared at them. Then they sat in my fridge until they rotted. Bad, bad magpie. I looked at them every time I opened the fridge, but . . . *sigh* I could not summon up any motivation to take them out and fix them to eat.

This looks like a
good idea.

...

This.

...

Little guy's not
bad.

Gotta teach RHex
to smear.